Matthew Jessen

Meditation

Journal 3

Friday: In my first meditation I started out by sitting on the floor and just sitting in silence. I didn’t really think about much but I just kind of felt a peace.

Saturday: Today I had a long day and so when I did my meditation there was a lot on my mind, but when I meditated I felt totally calm. Again I didn’t really think about much when I meditated but that was not bad because I really felt relaxed.

Sunday: Today I have had a throbbing headache so I just laid in bed shut my eyes and meditated there. I didn’t get much out of it because my head was just throbbing.